

# 2018 New Years Challenge!

DO IT FOR THE HEALTH OF IT!

## Nutrition Facts

Serving Size: One Pair,  
Two Participants

Servings Per Challenge: 2 Months

Nutrition	1,000 mg
Exercise	750 mg
Motivation	400 mg
Dedication	350 mg

### Health and Wellness

Results 100%



**Registration:** November 15th-December 22nd  
**\$40/participant**

**\$55/participant** if register after December 22nd

**SIGN UP WITH A PARTNER  
THREE MANDATORY WEIGH-INS!**

**2 month membership included in registration fee  
Membership runs January 7th-March 8th**

**Maryville Community Center  
1407 N. Country Club Rd  
maryville.org/mp**



**For more information,  
please contact Kaley Coulter at  
660-562-2923**